

Workout Program Designed for Leslie Holland

Disclaimer:

You must get your physician's approval before beginning this exercise program.

The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with physical activity. This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Mike Whitfield, or anyone associated with Crank Training, LLC advises readers to take full responsibility for their safety and know their limits. Before partaking in the exercises in this or any other program, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified fitness trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. **Always** do a warm-up prior to any exercise including but not limited to interval training. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including but not limited to Crank Training / WorkoutFinishers.com. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

Train SAFE!

- Don't do any exercises that you aren't sure how to do. Always get personal instruction from a certified trainer or ask for a substitute exercise.
- Do this finishers workout program for four weeks, then switch to another finishers workout program
- Don't be afraid to ask a question on my facebook page here: www.facebook.com/workoutfinishers
- If it hurts, STOP! Don't be afraid to use alternative exercises. I don't believe in the "no pain, no gain" mentality.
- If you need extra recovery within the workout or between workouts, don't hesitate to take it. In other words, don't keep going if you're feeling dizzy!
- Use a spotter if you are training with heavy weights.
- Just because something looks easy on paper doesn't mean you dismiss it. On the other end – if something looks too difficult, then be safe and use an easier exercise and adjust recovery and rest periods.
- If you want to start this or any other program but think you have an injury, get medical attention FIRST and have a professional therapist rehabilitate your injury before starting any exercise program.
- If you decide to use running as your form of interval training (especially sprints), make sure you have good running shoes and always do an extra thorough warm-up.

And for the "timed" sets, I strongly encourage you to buy a gymboss interval timer. For one thing, they are awesome. Also, they are inexpensive for what you get. Check them out at www.gymboss.com. Or you can use an interval timer application on your smartphone.



Workout Guidelines

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- Finish each workout with stretching for the tight muscle groups only if desired.
- Start every workout with this warm-up circuit.

Bodyweight Warm-up Circuit

- Go through the circuit TWICE.
- Rest 30 seconds between warm-up circuits.
- When lifting heavy, lift half of the desired weight for one set for your first two exercises before your workout.

Warm-up

Swing Lunge (5/side)
Pushup Plank (30 secs)
Leg Swings (15/side)
Facepulls (15)

Follow this workout for 4 weeks.

Workout Schedule

Day 1 – Workout A

1A) Reverse Grip Lat Pulldown (8)

1B) DB Lateral Raise (10)

Rest 1 minute and repeat 2 more times

2A) DB Squeeze Press (10)

2B) DB Rear Lateral Raise (12)

Rest 1 minute and repeat 2 more times

*3A) DB Hammer Curl (5)

*3B) Lying DB Tricep Extensions (5)

Rest 30 seconds and repeat for a total of 5 supersets

* Use a weight you can lift for 8-10 reps

Finisher

Do the following circuit as many times as possible in 5 minutes, resting only when needed:

4A) DB Row (15/side)

4B) Decline Pushups (5)

4C) Cable or Bodyweight Chops (10/side)

Stretch as needed

Day 2 – Recovery day

Workout Schedule

Day 3 – Workout B

1A) Narrow-Stance Goblet Squat (8)
1B) Ab Wheel Rollout (12)
Rest 1 minute and repeat 2 more times

2A) 1-Leg Romanian Deadlift (6/side)
2B) Side Plank w/Cable Row (8/side)
Rest 1 minute and repeat 2 more times

3A) DB Reverse Lunge (10/side)
3B) Cable Core Press (30 secs)
Rest 1 minute and repeat 2 more times

4A) Prisoner Squat (20)
4B) Stability Ball Leg Curl (15)
Rest 30 seconds and repeat 2 more times

Stretch as needed

Day 4 – Recovery Day

Workout Schedule

Day 5 – Workout C

1) Deadlift (10)

Rest 1 minute and repeat 3 more times for a total of 4 sets

2A) DB Incline Chest Press (8)

2B) DB Bulgarian Split Squat (12/side)

2C) Stability Ball Plank (30 secs)

Rest 1 minute and repeat 2 more times

3A) Chest Supported DB Row (12)

3B) Close-Grip Pushups (2 reps short of failure)

Rest 1 minute and repeat 2 more times.

Finisher

Do the following as shown:

6 times in week 1

7 times in week 2

8 times in weeks 3 and 4

4) DB Swings (20), rest 10 seconds

Days 6 and 7 – Recovery Day

Workout A	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1A) Reverse Grip Lat Pulldown (8)												
1B) DB Lateral Raise (10)												
2A) DB Squeeze Press (10)												
2B) DB Rear Lateral Raise (12)												
3A) DB Hammer Curl (5)												
3B) Lying DB Tricep Ext (5)												
Finisher 5 min (AMAP)												
4A) DB Row (15/side)												
4B) Decline Pushup (5)												
4C) Cable or BW Chop (10/side)												
Workout B	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1A) NS Goblet Squat (8)												
1B) Ab Wheel Rollout (12)												
2A) 1-Leg RDL (6/side)												
2B) Side Plank w/Cable Row (8/s)												
3A) DB Reverse Lunge (10/side)												
3B) Cable Core Press (30s)												
4A) Prisoner Squat (20)												
4B) Stability Ball Leg Curl (15)												
Workout C	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1) Deadlift (10)												
2A) DB Incline Chest Press (8)												
2B) DB BSS (12/side)												
2C) Stability Ball Plank (30s)												
3A) Chest Supported DB Row (12)												
3B) Close-Grip PU (2 short of fail)												
Finisher												
4) DB Swings (20), 10s rest												

Exercise Descriptions

Warm-up

Disclaimer: You must have a Certified Personal Trainer (CPT) or Certified Strength & Conditioning Specialist (CSCS) provide you with instruction on correct form for all exercises.

Swing Lunge

- Do a reverse lunge for your left leg by stepping back with your right leg.
- Then step forward with your right leg so that you do a forward lunge working the right leg.
- Continue for all reps moving one leg then switch.
- This can be done with dumbbells or just bodyweight



Pushup Plank

- Start in the top of a pushup position. Hold your body in a straight line.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- The lower you are, the more difficult it will be



Warm-up

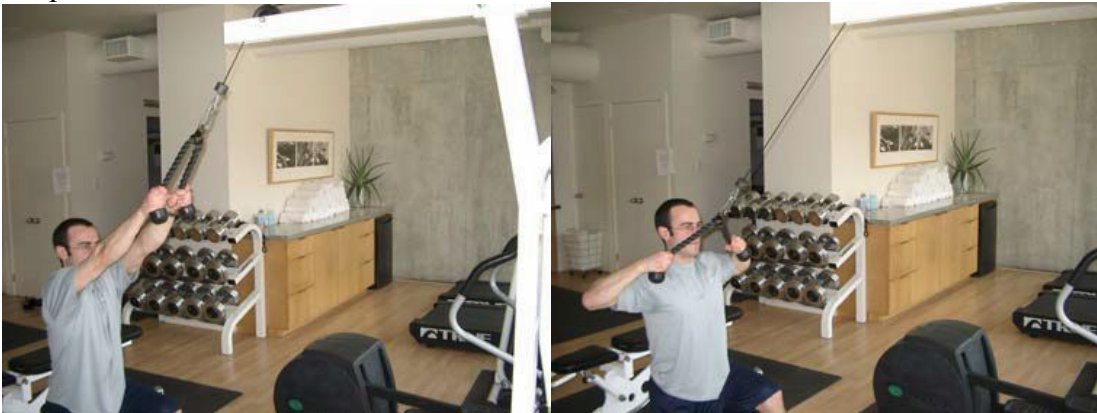
Leg Swings

- Stand with your feet hip width apart and hold on to something for balance.
- Take the inside leg and swing it back behind you and then swing it straight out in front of you.
- This will stretch your hamstring so do it gently.
- Continue to swing your leg faster and higher with each repetition.
- Do all reps for one side then switch.



Facepulls

- Attach the rope to the high-pulley at a cable station.
- Stand back 2 or 3 feet and kneel down.
- Hold the rope at arm's length above your head
- Using your upper back and rear deltoids, row the rope to your forehead.
- Start with a small resistance and use proper form to get all of the benefits for your posterior shoulder area.



Workout A

Reverse Grip Lateral Pulldown

- Grab a lat pulldown bar with an underhand grip, about shoulder width apart
- Pull the bar down to your chest, squeezing your shoulder blades together
- Return slowly to the starting position



DB Lateral Raise

- Stand with your feet shoulder width apart and your abs braced while holding a db in each hand
- Raise the dumbbells to shoulder height
- Slowly return to the starting position



Workout A

DB Squeeze Press

- Lie on a flat bench and hold the dumbbells above your chest.
- The dumbbells should be touching one another with your palms in a neutral grip.
- Lower the dumbbells to chest level while keeping your elbows tucked into your side.
- Press the dumbbells straight up above the chest.
- The dumbbells should remain in contact at all times.
- <http://www.youtube.com/watch?v=6PFIUoup01Y> <= Youtube clip



DB Rear Lateral Raise

- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Stand with your knees bent slightly and your upper body bent parallel to floor.
- Perform a lateral raise, lifting the dumbbells up and out to the side.



Workout A

DB Hammer Curls

- Stand and hold dumbbells at arm's length.
- Keep your knees slightly bent, chest up, and shoulders back.
- Curl the dumbbells up to shoulder height with your palms facing in, while maintaining a flat back. Slowly return to the start position.



Lying DB Triceps Extension

- Lie on your back on a bench.
- Hold two dumbbells above your chest, with your palms facing each other.
- Slowly lower them beside your head. Extend your arms back up.



Workout A

DB Row

- Rest the left hand flat bench or platform, lean over and keep the back flat.
- Hold the dumbbell in the right hand in full extension and slowly row it up to the lower abdomen.
- Keep the low back tensed in a neutral position and the elbow tight to the side.
- Do NOT round your lower back.



Decline Pushup

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Elevate your feet onto stairs or a bench.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Cable Chop

- Stand beside a cable stack with the handle set up at the top position.
- Start with the handle held in both hands over one shoulder.
- Keep your abs braced and squat straight down.
- Pull the handle down and across the body, rotating only at the upper back level.
- Chop the handle down below knee level while keeping your chest up.
- Reverse the movement. Do not round your lower back.



Bodyweight Chops

- Start by holding your hands above your head and to the side.
- In a diagonal and chopping motion, bring your hands towards the opposite knee with a slight bend in both knees.
- Return to the starting position
- Do all reps on one side and repeat for the other side.



Workout B

Narrow-Stance Goblet Squat

- Perform a Goblet Squat with your feet hip-width apart.
- Hold the dumbbell at chest height.
- Push your hips back, bend your knees, and keep your chest up.
- Drive through your glutes and quads to return to the start position.



Ab Wheel Rollout

- Kneel on a mat with your hands on the ab wheel.
- Keep your body in a straight line, brace your abs, and keep your low back tensed.
- Slowly roll out as far as is comfortable.
- Keep your abs braced, and contract them maximally to come back up to the start.



Workout B

1-Leg Romanian Deadlift (RDL)

- Keep your lower back arched and bend forward by pushing your hips back.
- Repeat all reps for one side then switch.
- Stand on one leg with a small bend in that knee. The other leg is bent back.
- Keep your knee slightly bent, back arched, and try to keep the other leg straight.



Side Plank with Cable Row

- Lower a cable pulley at the lowest notch and attach a handle
- Perform a side plank by contracting your obliques and balancing yourself on your forearm, maintaining a straight line
- While in the side plank position, perform a cable row, bringing in the handle towards your abs. That's one rep.



Workout B

DB Reverse Lunge

- Stand upright holding a pair of dumbbells (optional)
- Step back and squeeze your glute muscles, while keeping your upper body straight
- Lower yourself until your rear knee is a few inches off away from the ground
- Push back up with your lead leg to the starting position



Cable Core Press

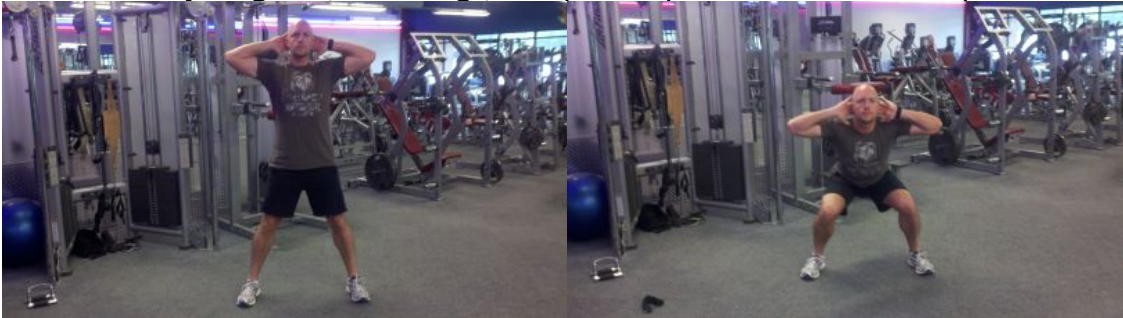
- Take a V-handle or regular handle and attach it to a cable pulley
- Kneel down on one knee and bring in the hand towards your abs.
- Keep your abs braced and chest high and hold for the prescribed time



Workout B

Prisoner Squat

- Stand with your feet just greater than shoulder-width apart.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Do not round your lower back.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Stability Ball Leg Curl

- Lie on your back with the soles of your feet on a medium-sized Stability Ball.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks. Bridge your hips up by contracting your glutes.
- Keep your abs braced and contract your hamstrings and slowly curl the ball back towards your hips while keeping your hips bridged.
- Pause and slowly return the ball to the start position while keeping the hips bridged.



Workout C

Deadlift

- Always deadlift with a slight arch in the low back. Keep your abs braced at all times in the deadlift.
- Be very conservative with this exercise. Do not perform any deadlift if your lower back is injured, weak, or compromised in any manner.
- Place the bar on the floor. Stand behind the bar with your feet slightly greater than shoulder-width apart.
- Bend down and grasp the bar with an overhand grip, taking a slightly wider than shoulder-width grip.
- Begin the movement by extending at your knees and hips and pulling with your arms and upper back. Keep your back “neutral” (flat). Erect your torso and stand up.
- Keep the bar very close to your body and keep your heels on the floor as you lift.
- Exhale as you near the top of the movement.
- Pause briefly at the top of the movement and then lower the weight. Keep your back flat and flex the hips and knees. Keep the bar under control and close to the body.
- Do NOT round your lower back. Perform each rep with 100% concentration.



Workout C

DB Incline Chest Press

- Lie on a bench with the backrest inclined at 45-60 degrees.
- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.



DB Bulgarian Split Squat

- Stand with your feet shoulder-width apart. Hold dumbbells in each hand if needed.
- Place the instep of one foot on a bench. Step forward with the other foot, taking a slightly larger than normal step.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



Workout C

Stability Ball Plank

- Brace your abs. Put your elbows on the bench and rest your shins on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Hold the plank position for the designated time.



Chest Supported DB Row

- Lie with your chest supported by an incline bench. Your arms should hang to the floor. Adjust the bench to the appropriate height.
- Grab a dumbbell in each hand and bring your shoulder blades together, and row the dumbbells up to your stomach. Squeeze your shoulder blades together.
- Slowly return to the start position.



Workout C

Close-grip Pushup

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor inside shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Tuck your elbows into your sides as you lower your body.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times and elbows tucked in.



DB Swings

- Stand with your feet wider than shoulder-width apart. Hold a single Kettlebell or dumbbell in both hands in front of your body at arm's length.
- Push your hips back and swing the Kettlebell or dumbbell between your legs.
- Drive back up to the start position and swing the Kettlebell or dumbbell up to chest height. Move at a quick pace.

